

# Everything I Bought and How it Made Me Feel



## a show-and-tell about consumerism and anxiety

“Harry Giles has subjected himself to two interlocking systems: the first, the invasive suffocating world of consumerism which we duck and dive through every day of our lives, and the second, a system of his own making – the recording, archiving and analysing of everything he bought and how it made him feel, for a year.

The result is sublime, hilarious, joyous, painful, sweaty and moving. With astute analysis, Giles has captured in a carrier bag of till receipts the current story of our lives: shopping and how the hell we survive it. Dodging between corporate supermarkets and organic eco-stores, Giles combines spoken word poetry and the activism of everyday life with the audacity and physical energy of a gymnast.

Bar running out into the road without your shoes on shouting STOP at the consumer treadmill, I can't recommend the show highly enough to citizens who seek sanity in a mad, mad world.”

*Lucy Neal, Curator, Arts-Activist, Co-Founder of the London International Festival of Theatre*



## *The Show*

Harry's got a problem. Maybe you do too. He keeps buying things to feel better, but they just make him more miserable. So he started keeping a diary...

For a full year, Harry logged every transaction he made at [everythingibought.tumblr.com](http://everythingibought.tumblr.com). In painstaking detail, he wrote about how each purchase made him feel – his hopes, dreams, fears, and utter failure to come to a liveable compromise with consumerism. Now he's sharing what he's learned in a performance lecture that dissects shopping until it all falls apart. Framed as a presentation of pie charts and bell curves and statistics about consumption, it's really about being miserable, being afraid, and trying to find a way out.

**Everything I Bought And How It Made Me Feel** is now a new stage show, asking: Why do we buy what we do? Is there any way to do it better? And how does consumerism really make us feel? First performed with the New Theatre Institute of Latvia in September 2014, it is now available for touring.

## *The Artist*

**Harry Giles** is a poet and performance-maker from Orkney, Scotland. He trained in Theatre Directing (MA, East 15 Acting School, 2010) and Sustainable Development (MA, University of St Andrews, 2009), and his work happens in the places where performance and politics cross paths. As a solo performer and as a director/facilitator, he creates one-to-ones, installations, street sideshows, interventions and longer interactive theatre shows. His work is processual and activist, creating spaces to confront political problems and figure out with audiences what to do about them. His performance lecture *This is not a riot* toured to Italy in 2012, while his one-to-one show *What We Owe* toured the European Imagine2020 venues and was picked for the Guardian's "Best of the Edinburgh Fringe" 2013 round-up – in the "But is it art?" section. In 2014 he was part of the SPILL National Platform with *I Want to Blow Up the Palace of Holyroodhouse*. Other projects have been programmed by festivals including Sprint, Forest Fringe, Buzzcut and Hatch.



## ***Specifications***

**Everything I Bought and How It Made Me Feel** is a performance lecture lasting 70 minutes, adaptable for spaces of any capacity and stages of any variety. It is highly portable and technically straightforward, requiring venues to provide only:

- Projector and screen (or white wall)
- Table and chair
- Vocal microphone
- Music stand
- Technical operator
- Minimum 45 minutes of preparation time in the venue

## ***Costing***

**Everything I Bought and How It Made Me Feel** is available at £400 per day, but costs are negotiable, particularly for longer runs of performances.

## ***Contact***

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